

COMMENTS FROM PAST PATIENTS...

"It was perfect. I got to know other women, and make friends. It was like another family."

"It was good for me to share experiences, problems and solutions."

"I learned so much about pregnancy and prenatal care that I feel much safer and better prepared."



For more information about group visit care, contact Raquel Cobos, West County Health Center Group Site Coordinator at: 925-326-0633



West County Health Center
Healthy Start Program
Prenatal Group Care



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Why Choose Group Prenatal Care?



Prenatal groups offer women much more than traditional prenatal appointments.

Groups provide a comfortable and supportive place to learn, discuss questions and concerns and gain confidence.

Best of all, prenatal groups provide time to relax and make friends with women who are expecting babies around the same time.

Join a prenatal group if you want to:

- Meet new people
- Enjoy delicious snacks
- Have appointments that start and end on time (no waiting in the waiting room)
- Celebrate with a baby shower!



What is Prenatal Group Care?

Prenatal groups include 10-15 women. Groups meet for 10 two hour sessions over an eight month period.

During each session women receive a check of their health, and a check of their baby's growth in private with the group's medical provider.

Group members learn about pregnancy, birth, breastfeeding, parenting, and resources in the community. They also have lots of time to discuss their questions and concerns with their medical provider.

Each session includes fun movement and relaxation activities that will help you have a healthy, happy pregnancy.

